The need: School closures during the COVID-19 pandemic eliminated many opportunities for youth to engage in structured exercise as many children lacked spaces to exercise or play sports in their neighborhoods.

The partnership: School district consultants, state and local legislators, regional school health coordinators, community outreach specialists, professional sports teams, behavioral interventionists, and implementation scientists across the state of Michigan came together to develop and disseminate a program to get kids moving at home.

The program: Interrupting Prolonged sitting with ACTivity (InPACT) at Home is an evidence-informed, home-based physical activity program that enables K-12 students to engage in health-enhancing physical activity during COVID-19 and beyond. The program includes a family engagement toolkit, physical activity play cards, which can be accessed in our interactive program website. Visit our program website at: impactathome.umich.edu.

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